

## ST - Strep Throat

### ST-C            **COMPLICATIONS**

**OUTCOME:** The patient/family will be able to relate the possible complications, the symptoms that should be reported immediately, and the appropriate actions to prevent complications.

**STANDARDS:**

1. Discuss the possible complications of untreated strep throat, e.g., rheumatic fever or glomerulonephritis.
2. List the symptoms that should be reported immediately, e.g., drooling, difficulty swallowing, blood in the urine, joint pains, abnormal movements, and fever lasting longer than 48 hours after starting antibiotic.
3. Stress the importance of follow-up appointment as appropriate.

### ST-DP           **DISEASE PROCESS**

**OUTCOME:** The patient will understand that strep throat may be a serious disease if left untreated.

**STANDARDS:**

1. Review ways in which strep throat can be spread to others in the family including family pets, e.g., eating or drinking after others, direct contact with secretions.
2. Explain that any child or adult in the home who has a fever, sore throat, runny nose, vomiting, and headache or develops these symptoms in the next five days should seek medical care.
3. Discuss that chronic or recurrent strep throat or rheumatic fever in a family member should prompt throat culture of all family members.
4. Discuss that strep throat is caused by a bacterium called *Streptococcus Pyogenes*. Explain that this bacterium may cause long term complications especially if untreated. **Refer to ST-C.**

### ST-FU           **FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of strep throat.

**STANDARDS:**

1. Discuss the importance of follow-up care.

2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**ST-L          PATIENT INFORMATION LITERATURE**

**OUTCOME:** The patient/family will receive literature about strep throat.

**STANDARDS:**

1. Provide patient/family with literature on strep throat.
2. Discuss the content of the literature.

**ST-M          MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
  - a. Explain that failure to complete the entire course of antibiotics increases the patient's risk of developing rheumatic heart disease and rheumatic fever as well as the risk of developing resistant bacteria.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**ST-P          PREVENTION**

**OUTCOME:** The patient/family will understand the measures necessary to prevent the spread of strep throat.

**STANDARDS:**

1. Explain the importance of good hygiene and infection control principles to prevent the spread of strep infection.
2. Stress the importance of good hand washing.

**ST-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand some ways to control pain associated with strep throat.

**STANDARDS:**

1. Discuss pain management techniques with the patient/family, e.g., gargling salt water, throat lozenges, and other medications as appropriate.

**ST-TE TESTS**

**OUTCOME:** The patient will understand the test to be performed and the reason for testing.

**STANDARDS:**

1. Explain the test used to diagnose strep throat, e.g., throat culture or rapid strep test.
2. Explain the indications and benefits of the test.
3. Explain the test as it relates to the diagnosis and treatment of strep throat.